



Topic: Cardiovascular Disease

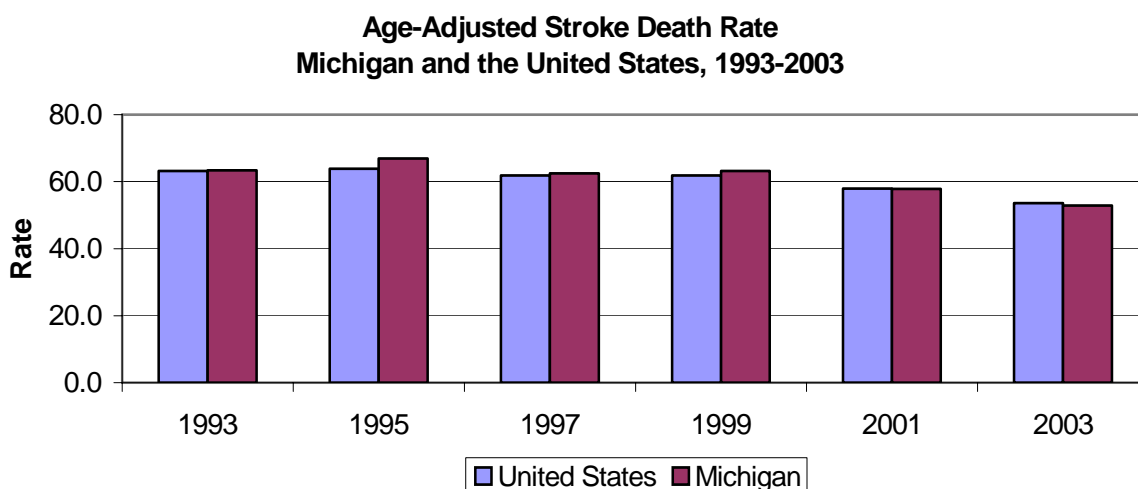
Cardiovascular disease includes a wide range of blood vessel and circulatory conditions but it is primarily monitored through heart disease and stroke. Stroke is the third leading cause of death in Michigan.

10. Stroke Deaths

An artery hemorrhage or blockage in the brain causes a stroke. High blood pressure is the most important risk factor for a stroke, with other risk factors being cigarette smoking, physical inactivity, high cholesterol, and obesity.

Stroke is not just a disease of the elderly. Stroke is the ninth leading cause of Years of Potential Life Lost (YPLL) for people below the age of 75 in Michigan. Beyond the death statistics, stroke is a major cause of disability in Michigan. Stroke-related disability can have very high financial costs and major physical and mental consequences. However, prompt recognition of the signs and symptoms of stroke, and rapid and appropriate health care, can reduce the negative effects of stroke remarkably.

How are we doing?



In 2005 there were 5,049 deaths in Michigan due to stroke (the third leading cause of death). While high, this was the lowest number of deaths due to stroke in the last 11 years. Over the decades the number and rate of stroke deaths have diminished. These lower death rates are associated with healthier behaviors, especially smoking cessation, and with improvements in the care of stroke patients.

How does Michigan compare with the U.S.?

The stroke death rate in Michigan is similar to that of the United States. A national ranking of states in 2006 found Michigan ranked 24th worst among states for stroke death rates using 2002 data.

How are different populations affected?

The 2005 age-adjusted stroke death rate in Michigan was 47.6 per 100,000 persons. Rates for males were 48.5 per 100,000 and for females 46.5 per 100,000. Stroke rates also reflect the health status disparity for minorities. The largest disparity exists between Whites and Hispanics, with Hispanics 1.4 times more likely to die from stroke than their White counterparts. The mortality rate for Hispanics is 65.4 per 100,000, compared to Whites who have a mortality rate of 47.7 per 100,000 and Blacks who have a mortality rate of 63.4 per 100,000.



What is the Department of Community Health doing to improve this indicator?

The Michigan Department of Community Health convened a coalition of broad-based groups called the Michigan Stroke Initiative (MSI) whose mission is to describe and monitor the stroke burden, to provide guidelines for strategies to raise awareness, to prevent strokes, and to improve stroke care throughout Michigan. Since its inception the coalition has been instrumental in supporting education regarding stroke. MSI has collaborated on several projects, including the “National Paul Coverdell Registry” and the “Great Lakes Regional Stroke Network” whose mission is to “optimize collaboration and coordination among Great Lakes Regional States to reduce the burden of stroke and disparities.”